

About the ...House

TESTED RECIPES.

Baked Beets.—Wash thoroughly some good-sized beets, being careful not to break the skin, and do not trim the tops off very close. Bake until when pinched they are soft all the way through. About one and a half to two hours is required for medium sized beets. Do not pierce with a fork, as the juice will boil out. When baked, peel (the skin is loose from the meat, and readily comes off), slice, and season with salt and pepper and butter. Beets prepared this way retain the sweetness which is lost, to a great extent, in boiling.

Young Beets.—The beets should be about the size of hickory nuts. If any of the outer leaves are ragged or rusty, remove them, keeping those that are tender and whole. Wash well, taking care not to break the skin of the beet-root, and cook in boiling water, slightly salted, until tender. Cut off the leaves close to the roots, drain in a colander, and chop fine, seasoning with butter, salt, pepper, and lemon juice. Set in a saucepan of boiling water, to get very hot, while you scrape and trim the beets. When the leaves are dish, lay the red beetlets about them as a garnish.

Strawberry Dumplings.—Roll out a layer of cream of tartar biscuit dough very thin; butter and spread very thickly with ripe strawberries which have been rolled in sugar; then roll the dough up, pinch the edges tightly together and steam for three quarters of an hour. When done, serve immediately, cutting slices from the end, jelly-roll fashion. An egg sauce or whipped cream is delicious with this desert.

Pineapple Custard.—Make smooth three tablespoonfuls of flour with one of butter and stir into a quart of boiling milk. Have ready the beaten yolks of eight eggs, add to them two-thirds of a cup of sugar and turn into the milk, stirring constantly for three minutes; add, when cold, a cupful of chopped pineapple and four tablespoonfuls of lemon juice. Cover with a meringue of the whites of the eggs and four dessert spoonfuls of powdered sugar. Brown lightly in the oven.

Fruit Jelly.—Soak one box of gelatine one hour in one pint of cold water; when soaked, pour on one pint of boiling water, then put in a quart of fruit. Pineapples, canned strawberries or raspberries, or other fruits may be used. Add one-half cup of sugar and one teaspoonful of lemon, then pour in mould to harden. Serve with whipped cream.

Veal Curry.—Veal is one of the meats especially adapted for curries. Here is an admirable recipe, recommended at the New England School of Cookery: A slice of veal half an inch thick, weighing a pound and a half, is cooked quickly in a frying pan without any butter. The surface should be quickly seared. Take out of the pan and cut in pieces about an inch and a half square. Make the curry sauce as follows:—Fry two sliced onions in half a cupful of butter, take out the onions and add to the butter the meat, half a tablespoonful of curry powder, and boiling water to cover. Cook slowly until the meat is tender. Thicken when done with flour stirred into cold water and season with salt, cayenne and a squeeze of lemon juice. Serve with a border of boiled rice.

IN CHOOSING BANANAS.

Look at the thick end of the bunch in which they hang. If it be black the fruit will ripen too fast and rot. If the branch be green the bananas will ripen slowly and lusciously and be of a good flavor. If all the stem be green the bananas will keep a long time, but if half or three-fourths of the stem be black it shows that its time is shortening.

The biggest and handsomest branches may look well to ignorant purchasers, but the smaller are the juiciest and best, the tiny "fig" banana being the best of all. The rind should be thin, and there should be no ridges or corners to it; the larger the ridges the coarser the fruit.

All bananas contain starch while green, which upon ripening changes into sugar. They are therefore best while turning yellow but still streaked with green.

Cabinet Pudding with Bananas.—Butter a quart mold and dispose in it a layer of sponge cake, cut in thin slices, and over this arrange a layer of sliced bananas. Continue in

this way until the mold is filled. Beat three eggs, add one-half cup of sugar, and pour in gradually one pint of milk, either hot or cold. Add a few grains salt and turn into the mold. The cake will absorb all the liquid by allowing it to stand a few seconds. Cover the mold and let steam, or set in a pan of hot water in the oven, until the custard is set and the pudding is firm. Serve hot with hard or currant jelly sauce.

Croquettes.—Remove the skin and coarse threads from the bananas and trim the pulp of each to simulate a cylindrical shaped croquette. Roll in an egg, beaten with one tablespoon of cold water, and then in sifted bread crumbs, seasoned with salt and pepper, and fry about a minute and a half in hot deep fat. Drain on soft paper. Serve on the platter with roast lamb.

HINTS TO HOUSEKEEPERS.

It is not generally known that eggs covered with boiling water and allowed to stand for five minutes are more nourishing and more easily digested than eggs placed in boiling water and allowed to boil furiously for three and a half minutes.

In testing a piece of cloth to see if it is a cotton mixture, if you cut a small piece off and put a match to it, if it is all wool it will only singe, but if cotton is there it will flare up.

There is no nicer spring breakfast than a sliced green pepper cut very small and cooked for ten minutes with two peeled and sliced tomatoes in a little butter; add four eggs lightly beaten and stir as for a scramble.

When the handles of steel knives and forks come off they can be easily mended with resin. Pour a little powdered resin into the cavity in the handle. Heat the part of the handle until it is red hot, and thrust into the handle. It will become firmly fixed by the resin when it becomes cool. Protect the blade from the heat.

Don't use borax and rosewater to remove tan and freckles without putting on a little cold cream afterwards, for borax makes the skin dry.

To remove old putty and paint, make a paste with soft soap and a solution of caustic soda, or with slaked lime and pearlash. Lay it on with a piece of rag or a brush, and leave it for several hours, when it will be found that the paint or putty may be easily removed.

REGARDING BLANKETS.

Blankets are a difficulty to many people, mostly because they cannot make up their minds as to how often they should be washed, nor how they should be treated. In many houses they are only washed once a year; but somehow this does seem rather too rare a proceeding. On the other hand, it is really not necessary to have them washed more than twice a year; but they must have proper care in the interval in the shape of airing, shaking, etc. A washing-machine is very good for the purpose, especially as they should never be rubbed by the hand. The water should be only lukewarm, and a little soap well lathered in the water is all that will be required. Wring the blankets very dry through a wringer, shake them out, and wash again in the same way, wringing each time, until they are quite clean. Do not rinse them, but pull them into shape and hang them out in the sun, which is a great help to preserving a good color.

PERSONAL POINTERS.

Notes of Interest About Some Prominent People.

The Empress of Germany's private wedding present to her relations consists of a very plain travelling clock, for she values chiefly among all other virtues that of punctuality.

No modern occupant of a throne has travelled more frequently abroad since his accession than Prince Ferdinand of Bulgaria. He became ruler of the principality in 1887, and since then has spent 1,700 days, or nearly a quarter of his reign, abroad. His people know him by the nickname of the "Traveller."

Sarasate, the great Spanish violinist, has, like most musicians, a belief in talismans. His particular mascot is in the form of a tiny replica, in silver, of the famous Guarnerius violin on which Paganini used to play. Sarasate would not dare to play at a concert unless this little violin were somewhere about his person.

King Edward receives daily no fewer than 3,000 newspapers and 1,000 letters, while the Czar and the German Emperor receive each from 600 to 700 letters and appeals. The King of Italy is troubled by about 500, and Queen Wilhelmina from 100 to 150. All these, however, are put in the shade by the Pope, who holds first place with from 22,000 to 23,000 letters every day.

Mr. J. Pierpont Morgan, the American multi-millionaire, is a big man every way. Thick of chest, with a big head set close down on burly shoulders, features large, an extraordinarily prominent nose, keen grey eyes, deep-set under heavy brows, a high, firm forehead, a square, bulldog chin, he at once impresses one as a large man. He is 6 feet in height and weighs 210 lbs. For a man of his age and size he seems unusually active, moving about with almost nervous alertness. He is a man of few words, always shortly and sharply spoken.

The King of the Belgians once left his umbrella in a hansom when

driving in Brussels. This was returned to His Majesty a few hours afterwards by the proud "cabby," who was offered for his honesty by King Leopold the sum of 100fr. The astute Jehu, however, begged a great favor of the King. Could he have the umbrella instead of the money? The favor was granted, and before many days had passed the cabman had put up the umbrella for sale, and it was knocked down to some Royal enthusiast for 1,100fr. When King Leopold heard of this he exclaimed, "Well, I've heard of an umbrella being put up to keep off showers of rain; but this seems to have been put up to bring down showers of gold!"

PALE, FEEBLE GIRLS.

A Great Responsibility Rests on Mothers of Growing Girls.

A great and serious responsibility rests upon every mother whose daughter is passing the threshold of girlhood into womanhood. She is at a crisis, and if she is to be a healthy, happy woman, she must develop rightly now. She must not be pale, sunken-eyed, sallow, languid and bloodless at this time. She must have additional strength and rich, pure blood to help her to strong, healthy womanhood. There is only one absolutely certain way to get new rich, health-giving blood, and that is through the use of Dr. Williams' Pink Pills. Every pill helps to make rich, life-giving blood, that brings strength to every organ in the body and the glow of health to pale, anæmic girls in all parts of Canada have been made well and strong through the use of Dr. Williams' Pink Pills. Mrs. Rachel Johnson, Hemford, N.S., says:—"As a result of overstudy in school, the health of my daughter, Ellen, grew extremely nervous, was pale and thin, and suffered from most severe headaches. She had no appetite, and notwithstanding all we did for her in the way of medical treatment, her suffering continued, and I began to feel that her condition was hopeless. Indeed I began to fear her mental powers were failing. One of my friends strongly urged me to try Dr. Williams' Pink Pills, and as I was willing to do anything that might help her I sent for a supply. After using the pills for less than a month, we saw that her vigor was returning, and in less than three months her health was fully restored. Considering the fact that she had been ill for two years and that doctor's treatment did her not one particle of good, I think her cure speaks volumes for the wonderful merit of Dr. Williams' Pink Pills."

The new blood which Dr. Williams' Pink Pills actually make, is the whole secret of their great power to cure diseases. That is the reason these pills cure anæmia, heart palpitation, headaches and backaches, rheumatism, neuralgia, kidney troubles, and a host of other ailments due to bad blood and weak nerves. But be sure you have the genuine with the full name, "Dr. Williams' Pink Pills for Pale People," on the wrapper around each box. If in doubt, write direct to the Dr. Williams' Medicine Co., Brockville, Ont., and the pills will be sent by mail at 50 cents a box or six boxes for \$2.50.

THE MIKADO'S PRECEPTS.

Emperor of Japan Issued Them to His Army.

On the walls of the barracks, on the sides of the tents, at the foot of every Japanese soldier's cot hangs a printed copy of seven moral precepts. The Emperor of Japan is supposed to be the author. At any rate, he, as general-in-chief, issued them to his army. The last thing the soldier sees on retiring, the first thing to greet his eyes when he awakes, are these precepts.

Every morning after roll-call an officer of each company reads the precepts to his men. Then he makes the men recite them in concert, and afterward calls upon individual soldiers to repeat them.

In barracks the officers drill the men in the knowledge of the precepts, and explain them in detail, illustrating their explanations with examples drawn from history. Deeds of Washington, Alexander, Caesar, Napoleon, Grant and other famous commanders are related, that the soldiers may know the precepts in practical application as well as in theory.

Baron Kaneko, a Japanese statesman who recently visited this country on a confidential mission, asserts that the personal valor of the Japanese soldiers is due to the practice of the seven precepts. Here they are, as translated by Baron Kaneko from the Mikado's edict:

"To be sincere and loyal and guard against untruthfulness.

"To respect superiors, keep true to comrades and guard against lawlessness and insolence.

"To obey the command of superiors, irrespective of its nature, and never to resist or disregard it.

"To prize bravery and courage and be diligent in the performance of duties, and guard against cowardice and timidity.

"To boast not of brutal courage, and neither quarrel with nor insult others, which will incite general hatred.

"To cultivate virtue and practise frugality, and guard against extravagance and effeminacy.

"To prize reputation and honor, and guard against vulgarity and greed."

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SPECIALTIES OF CITIES

THERE IS A "TOOTHPICK TOWN" IN MICHIGAN.

Buffalo Wishes to be Known as the Great Electrical Centre.

A rather common fallacy is the belief that the world's match industry is entirely controlled by Sweden, France, and Germany. As a matter of fact Japan turns out more matches in a year than any other nation. Match making was first introduced in the land of the Mikado in 1874, and to-day there are between 80,000 and 100,000 people who earn a living at the trade. Some of the towns are entirely given over to match making.

According to the latest statistics obtainable, the number of matches manufactured for export exceeds 25,000,000 gross, of an estimated value of nearly \$10,000,000. Close upon 50,000 women and girls are employed at their homes in such work as making match boxes and pasting on labels.

Harbor Springs, Michigan, is called the "Toothpick Town," for it has a large and flourishing wood toothpick industry which pays the rates and taxes and keeps poverty a safe distance from the city gates. White birch is largely used in the manufacture of the toothpick, and although it is one of the most trivial and least used of all articles in daily use, over 7,000,000 are turned out daily.

The picks are made entirely by machinery. Logs of birch wood are sawn up in bolts and cut up into veneer 3 inches in width. The veneer is then run through a machine of the sausage-making type, and toothpicks are turned out at the rate of THOUSANDS A MINUTE.

While Harbor Springs controls the wood toothpick industry, Joinville le Point, near Paris, has the quill toothpick one in its hands. At one time Joinville made nothing but quill pens; 20,000,000 being sent out annually, the product of some 2,000,000 geese.

The town found that it was impossible to compete with steel pen manufacture, however, and turned its attention to toothpicks. It now produces 25,000,000 quill toothpicks annually, and flourishes exceedingly well on the profits derived from their sale.

Shanghai and its neighboring towns are trying to make a living at cotton spinning. This is quite a new Chinese venture, and, as can be imagined, the competition of their mills with the product of Lancashire is not very great at present. The industry is gradually increasing, however, and in a few years' time John Bull may expect to feel it. A fresh market or two for his cotton exports will have to be found if he doesn't want John Chinaman to trick him out of his trade in the Far East.

BUFFALO'S AMBITION.

Buffalo has advertised itself to such an extent that it is known to-day as the "City of Big B's." Its gigantic Exposition of 1901 was opened, like St. Louis's, to put all other American shows in the shade. It didn't quite succeed, however.

Buffalo wants to become the world's centre of all the great electrical industries, especially of the manufacture of aluminium and carbonyl. It made up its mind to absorb the whole electric power from the Falls of Niagara some years ago. Professor Sylvanus Thompson declared that he wouldn't be satisfied, and he knew Buffalo wouldn't until the Falls were doing some useful work.

The citizens of Buffalo cut a canal with a sloping bed in the solid rock from the main Fall, and now the terrific rush of water works the 5,000 horse-power wheels in its descent, this power being used for the electric lighting of the town of Buffalo, which is twelve miles distant.

Buffalo will not rest until it has the entire Falls in its power, and is recognized as the world's great electrical centre.

Liverpool boasts that it is the centre of the tobacco trade of the British Isles, and, not content with building a warehouse for tobacco on some thirty-six acres of land, it wants to erect a river-wall all the way from Dingle to Hole Point, and so have a dock a thousand feet wide and seven miles long with which to capture the lion's share of the shipping trade.

Margate is straining every nerve to get the greater part of the passenger and mail service to the Continent in its hands. Its idea is to

increase the length of the pier by some six hundred feet, and so reach the spot known as Horn Corner. If it can do this it will achieve its purpose, for a fine basin could be obtained which would be nearer to Ostend than Dover.

Last summer advertisements in the British and foreign press advised people with

A COUGH OR COLD

to pack up their luggage and take a ticket to Quito, capital of Ecuador, South America. It was pointed out that consumption was unknown in Quito, and was a splendid resort for people with chest complaints. The little city is situated on the equator, but in ten thousand feet above sea level. Its greatest heat in summer is 60 degrees, while the thermometer never falls lower than 57 or 56 degrees in winter.

When Munich got its enormous refrigerating plant in good working order it found that its death-rate fell from thirty-three to twenty-two per thousand. This was because the whole city tingled with electricity. Munich now advises us, per advertisement, to give it a look up and have our bodies braced up with a little electricity.

"Mountain breezes, and 340 days' sunshine a year. That is what we get in Mexico; the finest city and health resort in the world for people who suffer from heart disease."

so ran an advertisement in an American paper a little while ago. Only ninety-five Mexicans out of every 10,000 die from heart failure, while some six hundred in each 10,000 deaths in England, Scotland, Ireland, and Wales are due to disease to the heart.

If you are too stout and want to become thin, the people of Bakoum, a town on the Caspian Sea, advise you to visit them. If you stop in Bakoum for a few months your weight will drop to an incredible extent. Whether this is due to the climate, or to the petroleum oil which soaks the soil, no one appears to know. Hardly any of the people of Bakoum weigh over nine stone, though some of them when they took up their residence there were between fifteen and eighteen stone.—Pearson's Weekly.

HAPPY DAYS FOR BABY.

The healthy child is a happy child. All its little troubles vanish when it is digesting its food well and is free from childish ailments. The greater part of these ailments arise from stomach and bowel troubles, feverishness, teething and worms. Baby's Own Tablets act like magic in these cases, and when children are restless at night they always give sound refreshing sleep. Mrs. A. LePage, St. Florence, Que., says: "Baby's Own Tablets had marvellous results in the case of my two months old baby. He was nervous, troubled with colic and badly constipated, but after giving the Tablets he began to improve at once and is now in good health. I also gave the Tablets to my three year old boy who was troubled with worms and they cured him as well. Both children are now the picture of health, and I am always praising the Tablets to my friends." You can get Baby's Own Tablets from any druggist or direct by mail at 25 cents a box by writing the Dr. Williams' Medicine Co., Brockville, Ont.

WHAT COBDEN THOUGHT.

At the present juncture, views on Russia make interesting reading. About fifty-six years ago Richard Cobden travelled a great deal in Russia, and penned the following interesting letter in 1849:

It is not possible in a note to do more than indicate the grounds of my opinion the subject to which your letter refers—the power of Russia. I wish the alarmists about the vast resources of the Czar could all take a trip, as I have done, into the interior of that country. Russia is a succession of villages, composed of log-huts widely scattered over an interminable pine forest, in a country where coal does not exist, and where the winter lasts half the year. People confound in their minds the defensive force and the aggressive power of Russia. She is invulnerable against foreign attack by land because no large army can be concentrated within her borders (unless it be in Moscow or St. Petersburg) for want of accumulated stores of food, etc. She has, it is true, a large force of ships of war, but they are manned by serfs taken from the villages of the interior, who are undeserving the name of sailors, and it is pretty certain they would never venture into an engagement with an English or American fleet, and if they did it is quite certain they would be taken or destroyed.

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